



THE MILTON H. ERICKSON FOUNDATION

MILTON H. ERICKSON, MD was more than a psychiatrist specializing in clinical hypnosis. His work, research, and writings (by and about him) have influenced generations of therapists to this day. He created, influenced or directly impacted brief therapy, strategic family therapy, family systems therapy, solution focused brief therapy, and neuro-linguistic programming. From 1924 until only a year or so before his death in 1980, Dr. Erickson continually contributed to the journal literature of psychotherapy. Milton Erickson was founding president of the American Society for Clinical Hypnosis and a fellow of the American Psychiatric Association, the American Psychological Association, and the American Psychopathological Association. The purpose of the Foundation is preserving the knowledge, protecting the legacy, and celebrating the memory of this great man—while educating a new generation of mental health professionals.

The Foundation

The Foundation outgrew its offices and acquired a two-story office complex—not far from the original headquarters. The structure bears the sign: “The Erickson Building” and now serves as the new home for our offices and the Archives, and will serve as a resource center for clinical hypnosis and psychotherapy for years to come.



Training Opportunities

Started in 1980, the educational outreach activities of the Milton H. Erickson Foundation have made it a leading provider of continuing education opportunities for mental health professionals.

CONFERENCES

The Foundation organizes educational conferences designed to share and explain state-of-the-art methods, while refining and enhancing clinical skills. Currently these conferences include:

- *The International Congress on Ericksonian Approaches to Psychotherapy*
- *The Brief Therapy Conference*
- *The Couples Conference*
- *The Evolution of Psychotherapy Conference*

“INTENSIVES” AND MASTER CLASSES

Since 1987, the Foundation has offered *Intensive Training in Ericksonian Approaches to Hypnosis*. Held three times throughout the year in Phoenix, Arizona, these workshops have limited enrollment for individualized instruction.

New to the educational opportunities offered by the Foundation is the *Master Class in Brief Psychotherapy*. This program is limited to 12 participants and open only to licensed, experienced mental health professionals. A special aspect of the Master Class is that it is held in Dr. Erickson’s office and teaching study, where he conducted his famous teaching seminars.

The Archives

In December 1980, the Foundation began collecting audiotapes, videotapes and historical material on and by Dr. Erickson for the Erickson Archives. The goal is to have a central repository of historical material on Erickson, organized for easy access by students and professional researchers. More than 300 hours of videotape and audiotape have been donated to the Foundation, as well as books, journals, private papers, and memora-

bilia. In conjunction with the archives, the Erickson Foundation distributes recordings of lectures by Milton H. Erickson from the 1950s and 1960s, when Erickson’s voice was strong. Releases in our audio series are announced in the Newsletter. Also available are training DVDs featuring hypnotic inductions conducted by Dr. Erickson.

Publications

THE ERICKSON FOUNDATION PRESS

The Erickson Foundation Press published the proceedings of the 1998 Brief Therapy and Evolution of Psychotherapy Conferences. Also offered are DVDs of Dr. Erickson, discussed by Jeffrey Zeig.

FOUNDATION NEWSLETTER

The Milton H. Erickson Foundation publishes a newsletter for professionals three times a year to inform its readers of the activities of the Foundation. Articles and notices that relate to Ericksonian approaches to hypnosis and psychotherapy are included. Erickson Foundation at 2632 E. Thomas Rd, Suite 200, Phoenix, AZ 85016; newsletter@erickson-foundation.org.



Erickson Institutes

There are more than 140 Milton H. Erickson Institutes/Societies in the United States and abroad that have permission to use Erickson’s name in the title of their organization. Institutes provide clinical services and professional training. There are Institutes in major cities in North America, South America, Europe, Asia, Australia, New Zealand, South Africa and the Philippines.

The Erickson Home

In 2010 the Foundation purchased the Hayward family home with the goal of maintaining the property, and especially Dr. Erickson’s office, as a museum to both the man and the place where modern clinical hypnosis was born.



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2632 E. Thomas Rd, Suite 200, Phoenix, AZ 85016

Phone: 602-956-6196

Toll-Free: 877-212-6678